

## GLYPHOSATE: THE CHEMICAL WE NEVER CONSENTED TO EAT

*Your Weekly Newsletter by*

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### Part I

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

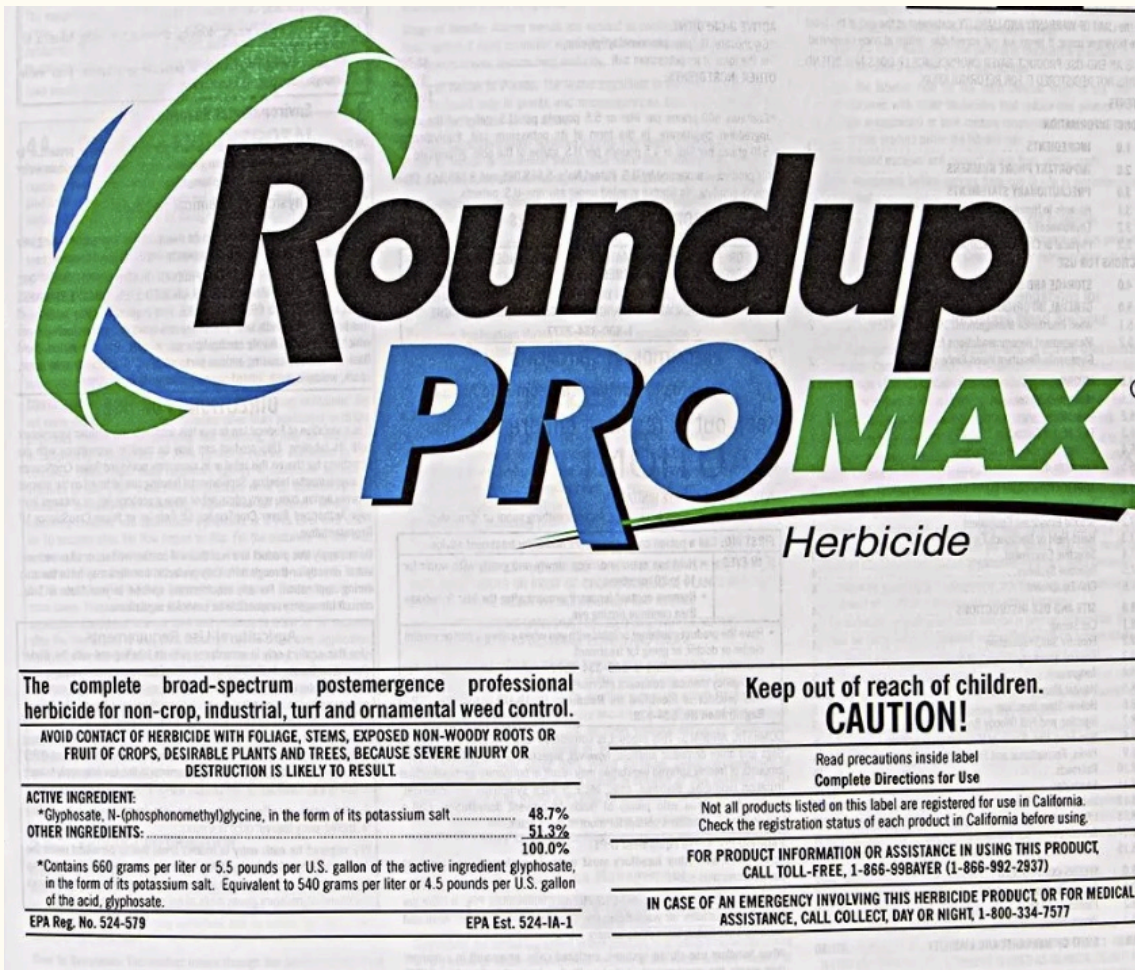
—**Thomas Edison** (circa 1903)

### What Is Glyphosate?

- If you haven't heard the term Glyphosate, you've almost certainly heard of **Roundup** and agricultural pesticides (herbicides, insecticides, fungicides). Glyphosate is the active ingredient.

Unless you grow and control all of your own food, you are being exposed to this poison—every day! Even if you buy organic, wash your produce carefully, exercise regularly, and live what you consider a “clean” lifestyle, Glyphosate is still harming you.

According to the CDC, over **80%** of Americans aged six and older have traces of Glyphosate in their system.



**Roundup**  
**PRO MAX**®  
Herbicide

The complete broad-spectrum postemergence professional herbicide for non-crop, industrial, turf and ornamental weed control.  
AVOID CONTACT OF HERBICIDE WITH FOLIAGE, STEMS, EXPOSED NON-WOODY ROOTS OR FRUIT OF CROPS, DESIRABLE PLANTS AND TREES, BECAUSE SEVERE INJURY OR DESTRUCTION IS LIKELY TO RESULT.

**ACTIVE INGREDIENT:**  
\*Glyphosate, N-(phosphonomethyl)glycine, in the form of its potassium salt ..... 48.7%  
**OTHER INGREDIENTS:** ..... 51.3%  
..... 100.0%

\*Contains 660 grams per liter or 5.5 pounds per U.S. gallon of the active ingredient glyphosate, in the form of its potassium salt. Equivalent to 540 grams per liter or 4.5 pounds per U.S. gallon of the acid, glyphosate.

EPA Reg. No. 524-579 EPA Est. 524-IA-1

**Keep out of reach of children.  
CAUTION!**

Read precautions inside label  
Complete Directions for Use

Not all products listed on this label are registered for use in California.  
Check the registration status of each product in California before using.

**FOR PRODUCT INFORMATION OR ASSISTANCE IN USING THIS PRODUCT,  
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**IN CASE OF AN EMERGENCY INVOLVING THIS HERBICIDE PRODUCT OR FOR MEDICAL  
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The reality is simple: Glyphosate is a chronic, low-level toxin in the modern food system, and its effects on human health are not benign, despite what you are being told by the Environmental Protection Agency (EPA), U.S. Food and Drug Administration (FDA), and U.S. Department of Agriculture (USDA).



Thousands of Americans have sued the maker of Roundup, claiming exposure to Glyphosate caused serious illness, including Non-Hodgkin Lymphoma. Juries have repeatedly sided with plaintiffs, concluding the risks were not adequately disclosed. Since acquiring Monsanto in 2018, Bayer has paid over \$10 billion to settle roughly 100,000 cases of Glyphosate-related illnesses.

### Main Uses of Glyphosate:

1. Weed control before planting
2. Weed control during crop growth
3. Pre-harvest desiccation (limited use)
4. Pasture and rangeland management
5. Home lawns and gardens
6. Roadsides, railways, utilities, industrial sites

### How Much Are We Using?

North America's global share in the herbicide market — dominated by Glyphosate — is estimated at about 23.9% in 2025, driven mostly by U.S. demand. Herbicides overall were applied on a high percentage of U.S. wheat acres in the 2024 Crop Year (survey published 2025):

- Winter wheat: 60% of acres
- Spring wheat (excluding durum): 91%
- Durum wheat: 92%

**70% of oranges** grown in Florida contain Glyphosate residue



**66 to 90% of soybean** sold in the U.S. will test positive for Glyphosate



**93% of berries** sold in the U.S. test positive for Glyphosate



**66 to 90% of corn** sold in the U.S. will test positive for Glyphosate



**97% of apples** sold in the U.S. test positive for Glyphosate



**99% of strawberries** sold in the U.S. test positive for Glyphosate

*\*\* Most environmentalists and organic farmers would challenge these numbers as too low stating that the use of Glyphosate is understated because of the negative implications in the wholesale produce market and the public perception of the use of pesticides, herbicides, and fungicides.*

## Foods Most Likely to Contain Glyphosate



### Common High Glyphosate Residue Foods:

- Oats & oat products
- Wheat & bread
- Crackers, cereals
- Legumes (chickpeas, lentils)
- Corn & soy products
- Non-organic beer and wine



### Ultra-processed foods:

- Protein bars
- Breakfast cereals
- Frozen pizza
- Potato chips



### What About Drinking Water?

- Independent testing (e.g., by environmental advocacy groups) of a limited number of U.S. drinking water sources detected Glyphosate in small concentrations in 40% of samples.
- Glyphosate enters drinking water mainly through agricultural runoff and urban stormwater. While most municipal systems keep levels low, standard water treatment is not designed to fully remove it, and testing is inconsistent.

## Bottom Line--You Cannot Avoid Glyphosate

If you eat modern food grown in industrial agriculture, **Glyphosate exposure** is assumed through:

- Soil contamination and crop rotation—soil glyphosate from prior years.
- Spray Drift—from nearby crops and golf courses.



- Water Runoff & Irrigation—rivers, canals, groundwater absorb through root systems
- Seed Contamination—parent plants from prior season contaminated or genetically-engineered seeds
- Harvest Storage & Transport Cross Contamination—combines, trucks, silos, rail cars
- Livestock feed and contaminated manure fertilizer
- Atmospheric Deposition—rain, dust, wind drift



### **Children are Disproportionately Affected**

-Higher dose of Glyphosate per body weight of food consumption



- Children eat, drink, and breathe more per pound than adults.
- This magnifies the biological impact.

-Liver and kidney detoxification systems are immature

- Toxins are cleared more slowly AND persist longer.

-Early disruption of immature gut microbiome leads to:

- Immune dysregulation
- Chronic inflammation
- Neurodevelopment disruptions

-Children have higher exposure through food choices disproportionately associated with Glyphosate residue:

- Cereals
- Oats
- Crackers
- Processed wheat products

-During early growth & development, small toxic disruptions have amplified effects.

-Hand-to-mouth behavior & environmental contact

- Crawling
- Playing on sand, dirt, and grass



## Potential Health Effects

### 1. Cancer risk (most controversial)

- The herbicide **Glyphosate** and the insecticides **malathion** and **diazinon** were classified as probably carcinogenic to humans by **The International Agency for Research on Cancer (IARC)**.
- **EPA's** conclusion of low risk at typical exposures
- **IARC vs. EPA=> doesn't matter...the risk is real!**
- Indirect DNA damage via oxidative stress is a plausible mechanism.
- **Non-Hodgkin Lymphoma (NHL)** is the cancer most often associated with Glyphosate.
  - Risk signal is strongest in farmers, applicators, and landscapers with chronic, high exposure.
  - Dietary exposure risk appears much lower for cancer, but not zero.

### 2. Gut microbiome disruption

- Trace amounts of Glyphosate block the **shikimate** pathway, which humans don't have, but gut bacteria do.
- Research suggests it may:
  - Reduce beneficial gut bacteria
  - Favor pathogenic "bad" bacteria species

- This may contribute indirectly to:
  - GI symptoms- irritable bowel
  - Immune dysregulation
  - Inflammation
  - Hormone imbalance
  - Skin health

### **3. Endocrine (hormonal) effects**

- Lab and animal studies suggest endocrine-disrupting potential at doses equivalent to human daily exposure, including:
  - Estrogenic or anti-androgenic (Testosterone) effects
  - Thyroid signaling interference
- Effects appear dose-dependent and more relevant with chronic exposure.
- Human studies have not been completed.

### **4. Reproductive and developmental concerns**

- Animal studies at doses equivalent to human daily exposure show:
  - Reduced fertility
  - Developmental abnormalities at higher doses
- Observational human studies suggest possible links to:
  - Preterm birth
  - Lower birth weight

### **5. Neurologic effects**

- Some studies associate glyphosate exposure with:
  - Increased oxidative stress
  - Neuroinflammation

#### **Children (developing brain)**

- Neurodevelopmental delays
- Attention and focus difficulties
- Learning and memory challenges
- Behavioral dysregulation
- Altered gut–brain signaling
- Chronic neuroinflammation
- Possible increased autism-related traits (associational)

#### **Adults**

- Cognitive impairment (“brain fog”)
- Memory and concentration problems
- Mood changes (anxiety, depression)
- Sleep disruption
- Headaches
- Chronic neuroinflammation
- Possible contribution to neurodegenerative risk

### **6. Kidney and liver stress (high exposure)**



- High or chronic exposure has been associated with:
  - Elevated liver enzymes
  - Renal tubular injury
- This is mainly seen in occupational or accidental exposure, not typical diet.

## So, How do we Avoid Glyphosate and Improve our Health through Food?

Tune in to next week's newsletter, "*Glyphosate Part 2: Lowering the Burden of Exposure and Healing the Inflammation*"

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